

READY, SET, WALK! LOGSHEET

Use this walking log as a way to keep track of your progress in conjunction with the 12 week program from INShape Indiana. Go to www.INShapeIndiana.org for information on the benefits of walking, proper equipment (shoes, apparel, etc.), ways to get and stay motivated, and how to incorporate more walking into your daily routine.

Instructions: Record your distance in either miles or steps, and the time you spend walking, every day for 12 weeks.

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WEEK 1		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 2		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 3		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 4		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 5		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 6		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 7		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 8		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 9		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 10		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 11		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time:
WEEK 12		Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
	/	Time:	Time:	Time:	Time:	Time:	Time:	Time: